



The Lectio Course: Session One | Introducing Lectio Divina

***Part One: Group Reflection Questions (10-15 minutes)***

1. What did you find most helpful or most challenging in the video?
2. Pete shared the story of HMV and Nipper the dog longing to hear his master's voice. How different would your life be if you were constantly guided by God's audible voice?
3. What are your reflections on the four steps of Lectio Divina? Did anything surprise you or is there anything you're curious to learn more about?
4. How does your approach to Bible reading differ or fit with the concept of Lectio Divina?
5. Sister Mary said that Lectio Divina is the moment she has a personal encounter with Christ. How would it change the way you read the Bible if you were guaranteed an encounter with Christ?
6. What does the Bible as the "The revealed word of God" mean to you? How might it affect the way you approach scripture?
7. What one thing will you do differently because of this session?

***Part Two: Practical prayer activity (10-15 Minutes):***

Try reading the Bible prayerfully as a group, using the four steps of Lectio Divina to reflect on Jesus' teaching about hearing God's voice:

**Read:** [John 10:22-30](#)

How to do the Lectio Divina as a group:

**Read (Lectio):** Read the passage out loud, reflecting on the passage as you read.

**Meditate (Meditatio):** Read the passage again, and encourage each member of the group to say out loud one word or phrase that jumped out to them (the same word or phrase can be repeated by different people).

**Pray (Oratio):** Read the passage again, and allow space for members of the group to pray out short prayers related to the themes, words or phrases of the passage.

**Contemplate (Contemplatio):** Read the passage a final time, and sit quietly to reflect individually. Each member of the group might like to ask themselves the question, "what's the one thing from this passage I will take into my week?"